



BODY BLAST FOR COLLEGE ATHLETES



Welcome to the Westport Parks and Recreation **Body Blast for College Athletes** program. Staples High School Head Athletic Trainer Gaetana Deiso will provide a program that will consist of integrating the athletic elements of sport and life through functional based performance training to help maximize the athlete's potential. Helping a committed athlete achieve their goals is our sole priority and true passion. Body Blast is dedicated to providing a competitive, cooperative, and positive environment to increase speed, explosive power, muscle endurance, flexibility, and agility to fulfill the life of an athlete. Visit www.bodyblasted.com for more information.

GENERAL PROGRAM INFORMATION

The Body Blast is available to male and female college athletes ages 18-22. This program will be broken down into six components that include warm-up, dynamic flexibility, agility, conditioning, muscle strength and endurance, core and functional progressive weight training. **Please check out their website for more information at www.bodyblasted.com.**

June 28 – August 12 Staples High School

- **Monday, Tuesday, Thursday 6:30 am – 8:00 am SC31**

WHAT TO BRING

Attire should be comfortable workout clothing such as, shorts or sweatpants, T-shirt or sweatshirt and sneakers and socks. Please bring a sweatshirt or warm-up jacket for cool weather. Bring plenty of water or sports drink.

DROP OFF AND PICK UP

Please meet at the **Staples High School**. Staff will be available 15 minutes prior to start time to receive participants. Please obey all traffic and parking regulations to avoid being ticketed.

GENERAL RULES

- All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are grounds for immediate dismissal with no refund.
- At the end of each day, please be sure to pick up all personal belongings. There is no lost and found.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to read this information with your child before they attend the program.